

Why does Dance to Health use VOLUNTEERS?

Peer Motivators - similar in age to participants, provide practical support and encouragement in sessions

Buddies - family, friends and neighbours who help participants attend and adhere to the programme

Champions - group volunteers who assist with admin and organisation

Participant feedback ↓



Dance artist feedback ↓



"they are great at building community within the group"

"VOLUNTEERS ARE INTEGRAL

TO THE RUNNING OF SESSIONS. INVALUABLE IN WELCOMING PEOPLE, KEEPING A POSITIVE AND FRIENDLY ATMOSPHERE...IT WOULD BE VERY DIFFICULT TO DELIVER MY SESSION WITHOUT THEM"

100+

NUMBER OF ACTIVE VOLUNTEERS ASSISTING IN DANCE TO HEALTH GROUPS EVERY WEEK

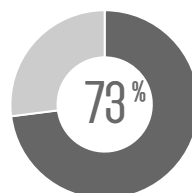
£81,000
ANNUAL VALUE OF VOLUNTEERS TO DANCE TO HEALTH IN EQUIVALENT PAID HOURS

"They are there to help and support and bring the group together in a social way too"

"There would be no session without them - they give stability to the group"

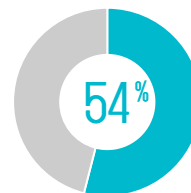
"I know that if I am struggling with grasping a new movement or exercise, one of them will help me to master it"

What difference do Buddies make?



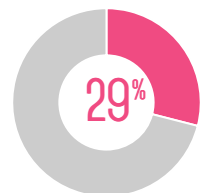
EMOTIONAL

Participants with someone who regularly encourages them to attend sessions and keep active



PRACTICAL

The number of participants who receive practical help to attend sessions such as transport



INCLUSION

Those who would be less able to attend without buddy support

